Make a Move!

Join us for these Making a Move events:

May 4, 2013  Girls on the Run Nashville 5K  gotrnashville.org

Aug. 17, 2013  Girls Tri It On Nashville  team-magic.com


Oct. 26, 2013  Race for the Cure  komennashville.org

Nov. 16, 2013  Viva la Diva  vivaladivarun.org

Making a Move is a series of five Middle Tennessee events designed to encourage women to develop and maintain a healthy lifestyle by participating in some or all of the events.

This is a fun way to make a positive move in your life while raising funds and awareness for programs that support health and wellness for women and girls in the participating charities.

This unique series is designed to encourage you to continue your fitness/training program throughout the spring, summer and fall seasons with goal events scheduled throughout the year.

ATTEND THE 2013 KICK-OFF RECEPTION and meet the Making a Move organizers:

Saturday, March 23, 3 - 5 p.m. at Grand Fondo
Saturday, April 20, 8:30 - noon, Fleet Feet Nashville

Participants in at least two of the events will receive recognition at the Making a Move Celebration Dinner on December 5, 2013.

For more information, please visit www.makingamove.org